



CAN Activities & Events

The **Cast A Net (CAN)** campaign spans a 10-week timeframe (September 10th – November 19th, 2016). The following outlines community activities & events across Nova Scotia throughout the **CAN** campaign (for an up-to-date schedule of activities & events, please visit <http://novascotia.cmha.ca/events/categories/cast-events/>):

Week 1: September 10th - 17th, 2016

Theme: Casting a Suicide Prevention Net on Nova Scotia

- **World Suicide Prevention Day (WSPD)**
CMHA NS CAST Program Information Booth
Free to attend - Open to everyone

The CMHA NS CAST Program is partnering with the Canadian Association for Suicide Prevention (CASP) and Mysterious Barricades who are hosting a pan-Canadian concert throughout the day. The concert begins at sunrise in the East (NL) and ends in the West (BC) at sunset): <http://www.mysteriousbarricades.org>

Date: September 10th, 2016

Live Streaming: 600-730am | 830-1200am

Live Performance: 730-830am

Location: Rebecca Cohn, Dalhousie University, Halifax, NS

- **CAN Video Series: Video 1 - Let's end the silence around suicide**
Free to attend - Open to everyone

The CMHA NS CAST Program is partnering with Nova Scotia libraries to screen the **CAN** Video Series throughout the 10-week campaign. See **CAN Video Series**.

- **CMHA NS Division Annual General Meeting**

Date: September 12th, 2016

Time: 600-730pm

Location: 45 Alderney Drive, 10th Floor, Dartmouth, NS

- **Halifax Regional Police Mental Health in the Workplace for First Responders**
Closed session

Date: September 13th, 2016

Time: 1100am – 1200pm

Location: Dartmouth, NS

- **Colchester-East Hants CAST Coalition Community Information Session**
Free to attend – Open to everyone

Date: September 15th, 2016

Time: 630 - 800pm

Location: Elmsdale Library Branch



- **Annapolis Valley CAST Coalition 2016 Conference**
By donation - \$40 to attend – Open to everyone

Date: September 16th, 2016

Time: 800am - 400pm

Location: United Church Campground, Berwick, NS

- **CAN Campaign Social Media Promotion**

CMHA NS CAST Program promotion of **CAN-Kits**, special events, education & training, resources & information, etc. through social media channels (e.g. Facebook, Twitter, website, email, etc.).

- **CAN Suicide Prevention Awareness Ribbons**

Ribbons can be ordered from CMHA NS. Organizations/groups/businesses can sell **CAN** ribbons in their communities for \$2.00 as a CMHA NS CAST Program fundraiser. At the conclusion of the **CAN** campaign, organizations/groups/businesses can return unsold ribbons and funds raised to the CMHA NS CAST Program.

To order **CAN** ribbons, contact:

Sue Marchand, CMHA NS CAST Community Capacity Developer

t: 902.466.6600 x209

e: sue@novascotia.cmha.ca

Week 2: September 18th - 24th, 2016

Theme: Language & De-stigmatization Week

- **CAN Video Series: Video 1 - Let's end the silence around suicide**
Free to attend – Open to everyone

The CMHA NS CAST Program is partnering with Nova Scotia libraries to screen the **CAN** Video Series throughout the 10-week campaign. See ***CAN** Video Series*.

- **Dillon Consulting Mental Health in the Workplace Lunch & Learn**
Closed session

Date: September 21st, 2016

Time: 1200 - 100pm

Location: Dillon Consulting, Sydney, NS

- **Sydney CAST Coalition Community Information Session**
Free to attend – Open to everyone

Date: September 21st, 2016

Time: 200 - 300pm

Location: McConnell Public Library



- **Baddeck CAST Coalition Community Information Session**
Free to attend – Open to everyone

Date: September 22nd, 2016

Time: 1000 - 1130am

Location: Knox Hall, Baddeck, NS

- **CAN Campaign Social Media Promotion**

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Week 3: September 25th - October 1st, 2016

Theme: Aboriginal Awareness Week

- **Treaty Day**

Date: October 1st, 2016

- **CAN Video Series: Video 2 - All kinds of minds**
Free to attend – Open to everyone

The CMHA NS CAST Program is partnering with Nova Scotia libraries to screen the **CAN** Video Series throughout the 10-week campaign. See ***CAN** Video Series*.

- **CAN Campaign Social Media Promotion**

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Week 4: October 2nd - 8th, 2016

Theme: Mental Illness Awareness Week

- **Mental Illness Awareness Week (MIAW)**

Canadian Alliance on Mental Illness and Mental Health: <http://www.camimh.ca/mental-illness-awareness-week/miaw-materials-for-order/>

- Faces of Mental Illness Campaign – 2016/2017

- Spreading Awareness, Busting Stigmas

- Materials available from CAMIMH – 613-233-8906 or email charlotte@impactcanada.com

Dates: October 3rd - 9th, 2016

- **Mental Health First Aid, For Adults Who Interact with Youth**
Open to everyone – Cost associated

Mental Health First Aid (MHFA) is the help provided to a person developing a mental health problem or experiencing a mental health crisis. Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or until the crisis is resolved. The MHFA training is hosted by the Cumberland County CAST Coalition.

Dates: October 4th & 5th, 2016

Time: 900am-430pm

Location: Amherst, NS

RSVP: Janice.melanson@horizonnb.ca

- **CAN Video Series: Video 2 - All kinds of minds**
Free to attend – Open to everyone

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- **CAN Campaign Social Media Promotion**

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Week 5: October 9th - 15th, 2016

Theme: Mental Health Education Week

- **World Mental Health Day**

World Mental Health Day is a day for global mental health education, awareness and advocacy. World Federation for Mental Health: <http://wfmh.com/index.php/world-mental-health-day>

Date: October 10th, 2016

- **CAN Video Series: Video 3**
Free to attend – Open to everyone

The CMHA NS CAST Program is partnering with Nova Scotia libraries to screen the **CAN** Video Series throughout the 10-week campaign. See ***CAN** Video Series*.

- **CAN Campaign Social Media Promotion**

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Week 6: October 16th - 22nd, 2016
Theme: Community Engagement Week

- **Psychological First Aid**
Closed session

Psychological First Aid is an evidence-informed approach to helping children, adolescents, adults, and families during the aftermath of disaster. It is designed to reduce distress and aid short- and long-term functioning and coping.

Date: October 20th, 2016

Location: Department of National Defense, Halifax, NS

Closed session.

- **CAST Community Coalition Planning Day**
Closed session

The CAST Program believes that communities are their own experts, and that members of a community have many valuable skills and abilities regarding suicide prevention; therefore, a community can determine the best way to address suicide. For more information regarding CAST Community Coalitions, please visit www.novascotia.cmha.ca/cast-program.

Date: October 21st, 2016

Time: 930am - 430pm

Location: Dartmouth, NS

- **CAN Video Series: Video 3 –**
Free to attend – Open to everyone

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Week 7: October 23rd - 29th, 2016

Theme: Peer Support Week

- **Canadian Association for Suicide Prevention (CASP) Annual Conference**

Dates: October 26th - 29th, 2016

Location: Iqaluit, Nunavut

- **Nova Scotia Teachers Union Provincial Conference**

Mental Health First Aid overview.

Date: October 28th, 2016

Location: Dartmouth, NS

- **CAN Video Series: Video 4 - The importance of self-care**
Free to attend – Open to everyone

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- **CAN Campaign Social Media Promotion**

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Week 8: October 30th - November 5th, 2016

Theme: Self-Care Week

- **CAN Video Series: Video 4 - The importance of self-care**
Free to attend – Open to everyone

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- **CAN Campaign Social Media Promotion**

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Week 9: November 6th - 12th, 2016

Theme: **Student Mental Health Promotion Week**

- **CAN Video Series: Video 5 - The Journey: A Story of Healing and Hope Series Free to attend – Open to everyone**

The CMHA NS CAST Program is partnering with Nova Scotia libraries to screen the **CAN** Video Series throughout the 10-week campaign. See **CAN Video Series**.

- **CMHA NS CAST Program Information Gathering Session Final Report Social Media Launch**

Date: October 24th, 2016

- **CAN Campaign Social Media Promotion**

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Week 10: November 13th - 19th, 2016
Theme: Resource Awareness Week

- **International Survivors of Suicide Loss Day (ISSLD)**

- American Foundation for Suicide Prevention: <https://afsp.org/find-support/ive-lost-someone/survivor-day/>
- Suicide Prevention Resource Center: <http://www.sprc.org/news/international-survivors-suicide-loss-day>

Date: November 19th, 2016

- **CAN Video Series: Video 5 - The Journey: A Story of Healing and Hope Series Free to attend – Open to everyone**

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